

(TMI Focus, Vol. XXVII, Nos. 1&2, Winter/Spring 2005)

THE FREEDOM ROUTE

by Robert A. Monroe; introduction by Laurie Monroe

Through the years, many of you have asked if my father had written material other than what is in his books. He wrote the following while he was working on Ultimate Journey. Bob often talked to groups about obtaining a Different Overview (D/O), which is a systematic approach to knowing the essence of who you are. He referred to it as “The Freedom Route”—freedom from all constraints or limitations. Here Bob begins by defining “overview.”

Overview: This is how we perceive ourselves and the world in which we live. Your Overview is not exactly the same as mine, although we have much in common. Each is derived through experience and information gathered by personal communication, objectively and emotionally, within your own life pattern. It is a meld of knowns, love, beliefs, hopes, fears, emotions, animal drives, addictions, mystique, illusions, propriety, all interwoven into a pattern of personality that determines our individual thought and action. It is what we truly are, as against what others may think we are—and what we want them to think we are.

Each day your Overview changes, usually very slightly and uncontrolled. In your thinking and activities large and small Variables are encountered, many of them unnoticed. These are events that are usually unexpected and unplanned. The effect may be instantaneous or occur years later, spanning the gamut from bewilderment to joy.

A Different Overview (D/O) as identified herein is one of recognition and control. Perceive clearly the way things are, without the usual glitz and glitter. Make no measurement via the good and evil route but as constructive/destructive. Control means total direction of your own self, mentally, physically, and emotionally—you, not someone or something else.

The first step in the beginnings of a very real and different D/O that can alter your life constructively, whoever you are, is to start the conversion of any item—either an unknown, belief or hope—into a Known. The results are spectacular, especially from unknowns into Knowns. Remember, such conversion is applicable to and for you and no one else.

Building a D/O will immediately begin to cut down restricting fears and anxieties (fear's little brother). The result is a kind of freedom you didn't believe existed; yet it does.

Remember the equation:

UNKNOWNNS = FEARS

BELIEFS = UNKNOWNNS WITH PERHAPS SOME KNOWNNS
HOPES = UNKNOWNNS WITH NO KNOWN KNOWNNS = NO FEARS

Fear controls our lives. It makes us do and be in ways we don't like and don't want. It also keeps us from doing many things we want to do and be. But we don't. We're afraid of the possible consequences.

Change is the biggest generator of fear, the greatest source of unknowns. All human worries and wars are based upon change. We are afraid change will take away what we like, so we resist. We can't tolerate the way things are, so we try to speed up the rate of change as rebels or revolutionaries. Still, most of us go grimly through life doing the best we can, living with our fears and taking change as it comes. There seems no other choice. There is. A D/O—a calm, systematic conversion of personal unknowns into Knowns. Instigate and control as much change as you can, large or small.

Obviously, most of us go after our beliefs and hopes first because the emotional payoff is greatest. Some of these may take years to resolve. The problem lies in the rude fact that your growing D/O will demand that such be discarded as illusions if they cannot be reduced to Knowns. Still, if even one part becomes a small Known, your day is made.

However, convert one large unknown into a Known, and a thousand small beliefs and hopes are confirmed or discarded. That is why it seems important to go after the big Unknowns. This D/O system will help you perform *exactly* this seemingly impossible feat, not just once but many times, each one easier. The trick will be to recognize the results as you begin to exercise your new freedoms. They come very naturally. Why bother? You, and no one else, begin to positively direct and control your life—and in directions you never considered or even thought possible.

How to get started? Use your analytical/intellectual Self. That is the true key. Follow the systematic pattern laid down herein. First, get a notebook and begin your Baseline. You can be completely candid about what you put in it because it is For Your Eyes Only. On the first page, draw across the middle a Line of Demarcation (LD), like this:

LD_____LD

Now take the position that above the line are UNKNOWNNS—the source of all your worries, fears, anxieties, hopes, and desires. Write them in. Below the LD list all of your KNOWNNS, some of which may offer challenges or problems, but not fear. Just above the line yet penetrating it in part are the many beliefs and hopes that constantly distract or disturb your life pattern. Each contains both Knowns and Unknowns, in unequal percentages. Your LD will generally start like this:

LD _____ Beliefs _____ Hopes _____ LD
KNOWNS

- 1) Each day, either morning or night, write up the following lists:
 - a) The A List—Place on this list everything about which you can do absolutely nothing.
 - b) The B List—Place here those items that currently preoccupy you, whatever they may be. Include those with priority numbers.
 - c) The C List—Place here those hopes and things you would like and enjoy but are not doing. Include any with Priority Numbers.
 - d) When you complete the lists, take the A List and tear it up, throw it away, burn it. For those items on the B List and C List do something, anything, no matter how small, in regard to each listing, even moving them in the direction of Knowns below the LD. It is rare that such can be done instantly. Even slight progress can be intensely rewarding.
- 2) Insert new unknowns, hopes, or beliefs as they come into your awareness and interest—and they certainly will!
- 3) Change priorities daily as you change.
- 4) Maintain and strengthen your foundation of Knowns.
- 5) After enough attempts satisfactory to you, delete as illusion from your chart any beliefs or hopes that cannot be made to move even slightly in the direction of Knowns below the LD.
- 6) Use the basic pattern: Prove it to yourself first of all, no one else is important. Once is interesting. Twice may be coincidence. Three times, it's a solid Known.
- 7) Conversely, there's nothing wrong in being stubborn. Don't give up too easily. Remember, the bigger the Known-to-be, the greater the personal reward (change).
- 8) Keep a diary, candid and in detail. It is the only way you can verify to yourself your progress in various areas.
- 9) A D/O is the only route to you becoming truly you. Keep this in mind each day.

One of the greatest tools for obtaining a D/O is Hemi-Sync®. If you have taken a program at TMI or have listened to Hemi-Sync exercises, you are already on the freedom route. The more you explore your inner self, the better you know yourself. The trick is to use what you learn in your explorations. How do you do this? You integrate your experiences into your daily life so you can perform more constructively and have a greater understanding of your physical journey.

In today's world, it is so important that we maintain balance. Whether we do this through meditation, exercise, yoga, or simply experiencing the silence, balance enables us to acquire increased knowledge through direct experience. This is one reason why grounding is important for achieving greatly expanded states of awareness.

Thus, the goal of the Institute is to provide an environment in which you can explore and experience the essence of who you are and the knowledge that you are truly more than your physical body and personality. Through this knowledge, you will have a D/O and you will know the options awaiting you in the Here/Now as well as There.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2006 by The Monroe Institute